

Year 11 Food Preparation and Nutrition knowledge organiser Summer Term

What's assessed: Theoretical knowledge of food preparation and nutrition including:

- ✓ the functional properties and chemical processes as well as the nutritional content of food and drinks
- ✓ the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health
- ✓ the economic, environmental, ethical, and socio-cultural influences on food availability, production processes, and diet and health choices
- ✓ the functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food
- ✓ a range of ingredients and processes from different culinary traditions (traditional British and international), to inspire new ideas or modify existing recipes.

How it's assessed:

Written exam paper including made up of:

- ✓ Multiple choice questions (20 marks)
- ✓ Five questions each with a number of sub questions (80 marks)

Success criteria:

Grade	Description
To achieve grade 8 candidates will be able to:	<ul style="list-style-type: none"> • demonstrate relevant and comprehensive knowledge and understanding of the concepts, principles and properties of food science, cooking and nutrition • critically analyse and evaluate, to draw well-evidenced conclusions: <ul style="list-style-type: none"> ○ issues relating to food choices, provenance and production ○ food made by themselves and others
To achieve grade 5 candidates will be able to:	<ul style="list-style-type: none"> • demonstrate mostly accurate and appropriate knowledge and understanding of the concepts, principles and properties of food science, cooking and nutrition • analyse and evaluate, to draw coherent conclusions : <ul style="list-style-type: none"> ○ issues relating to food choices, provenance and production ○ food made by themselves and others
To achieve grade 2 candidates will be able to:	<ul style="list-style-type: none"> • demonstrate some relevant knowledge and understanding of the concepts, principles and properties of food science, cooking and nutrition • make straightforward and obvious comments on: <ul style="list-style-type: none"> ○ issues relating to food choices, provenance and production ○ food made by themselves and others

Use the online text book to help you prepare for the examination. It is full of information, key terms, films and animations, quizzes, weblinks, practice questions, study tips and more!

<https://www.illuminate.digital/aqafood/>

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